

ABSTRACT

A write strategy for use in recording is determined from recommended write strategy parameters recorded on an optical disk (160) and the characteristics of the optical recording device used in recording; a recommended asymmetry value is determined from the difference between the numerical aperture NA1 of the objective lens, which is a recording condition of the recommended asymmetry value recorded on the optical disk (160) and the numerical aperture NA2 of the objective lens (150) of the optical recording device used in recording, and recording is carried out on the optical disk (160) according to the write strategy and asymmetry value thus determined. Optimal recording can be carried out even on an optical disk for which the optimal write strategy information has not been determined in advance, without the need to store write strategy information suitable for each and every optical disk.